

Welcome to False Cape State Park. An isolated paradise nestled between Back Bay National Wildlife Refuge and North Carolina, this park offers a unique opportunity to explore nature in an unspoiled coastal environment. If you enjoy hiking, beachcombing, fishing, nature photography or wildlife observation, False Cape is the place for you. To make your visit pleasant, we ask that you observe the following regulations.

There is no vehicular access to the park. Access is by foot or bicycle, approximately five miles through Back Bay National Wildlife Refuge. Refuge fees apply. False Cape is also accessible by boat across Back Bay. Boat docks are provided at Barbour Hill, False Cape Landing and Wash Woods. Interior trails of Back Bay National Wildlife Refuge are closed from Nov. 1 to March 31 yearly. At that time, access is only via boat or the beach.



Seasonal alternative access is available Nov. 1 through March 31. Reservations to ride the beach transporter can be made by calling 1-800-933-PARK (7275). From April 1 through Oct. 31, a tram is available to access the park. Call (757) 426-7128 for more information. The alternate access does not accommodate campers/bikes.



Overnight parking for campers is only allowed at Little Island City Park. Daytime parking is available at Little Island City Park and Back Bay National Wildlife Refuge. Parking fees apply.



Refuge regulations apply: Dogs and other pets are prohibited from April 1 to Sept. 30. Pets are permitted Oct. 1 to March 31, only. They must be on a leash. Horses are prohibited. Call (757) 721-212 for current Back Bay National Wildlife regulations.



Drinkable water is available in the Barbour Hill area of the park, but visitors should bring containers for transporting the water to their destination.



Primitive camping is allowed by permit only. Permits may be obtained by calling 1-800-933-PARK from 9 a.m. to 4 p.m. Monday through Friday. Camping is limited to six people per site and 14 nights in any 30-day period. No open fires are permitted.



A special game management program is conducted for one week in October. The park is closed to all other activities during that time. For more information, contact the park at (757) 426-7128.



Please keep impact to the park at a minimum. When leaving, take everything you brought and stay on designated trails and the beach. Please stay off the dunes.



Biting insects are numerous; insect repellent is a must. Sunscreen and a hat are also recommended during summer months.



Be aware of the poisonous eastern cottonmouth snake, also known as the water moccasin.



False Cape offers seasonal interpretive canoe and kayak treks and park tours. Please call (757) 426-7128 for more information.

Frequent visitors save money

Annual passes for parking and swimming offer the frequent visitor greater savings. Stop by the park office for details.

Virginia State Parks Reservation Center

To receive more information on Virginia State Parks or to make a cabin or campsite reservation, call 1-800-933-PARK (or in the Richmond calling area 225-3867).

Join us in the parks – DCR's Volunteer Program

DCR offers diverse opportunities for volunteers in most state parks and natural areas throughout the state. Inquire at the park office for details.

For more information, contact:

False Cape State Park
4001 Sandpiper Road
Virginia Beach, VA 23456
(757) 426-7128

You can also visit our home page at www.dcr.virginia.gov



Virginia Department of Conservation & Recreation

203 Governor St., Suite 302
Richmond, Virginia 23219
(800) 933-PARK

VIRGINIA

STATE PARKS

False Cape State Park Guide

Virginia Beach, Va.

Virginia State Parks provide **A Natural Legacy** of outdoor activities and programs. They are an important part of DCR's efforts to promote a strong conservation ethic. These efforts ensure that the best of Virginia's natural resources will be protected and available for future generations.

False Cape State Park Trails with Blaze Color Code and Mileage

False Cape Interior TrailGreen	- 7.2
Barbour Hill Interpretive TrailPurple	- 2.4
Barbour Hill TrailGold	- 1.4
South Inlet TrailRed	- .2
False Cape Landing TrailGray	- .7
Ocean Bay TrailYellow	- .7
Wash Woods TrailWhite	- .8
Wash Woods Interpretive TrailOrange	- .7
Cemetery TrailBlue	- .6
Dudley Island TrailBrown	- .4
Monument TrailBlack	- .2

 **Bicycle Trail** - - - - -

 **Boat Dock**

 **Campsites**

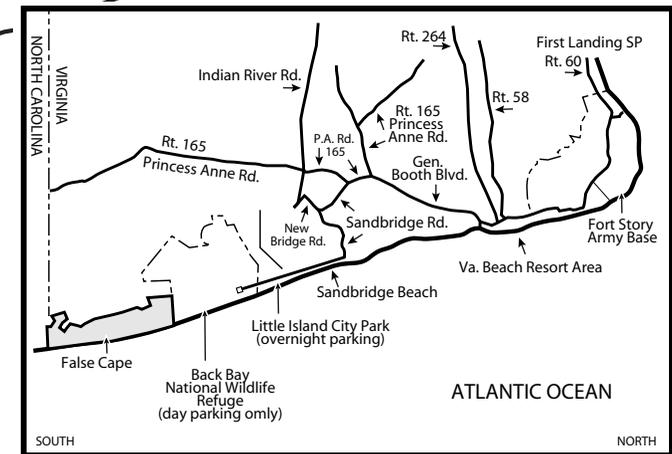
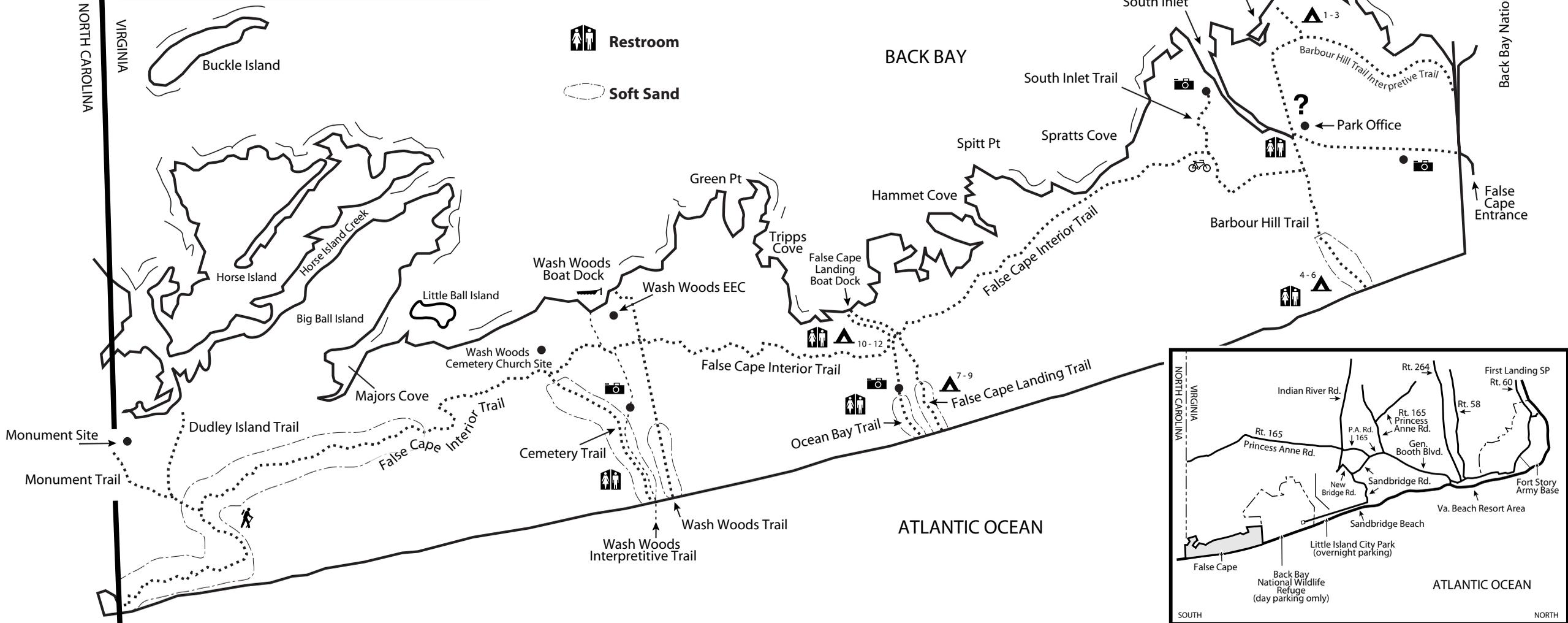
 **Contact Station**

 **Hiking Trail** - - - - -

 **Overlook**

 **Restroom**

 **Soft Sand**



Back Bay National Wildlife Refuge

False Cape Entrance

BACK BAY

ATLANTIC OCEAN

NORTH CAROLINA

VIRGINIA

NORTH CAROLINA

SOUTH

NORTH